

Reserve your spot!

Vitality Checks available at your local health department



Questions about an event?

Call (859) 497-2419 or email LisaA.Pendleton@ky.gov

General questions?

HumanaVitality
(855) 478-1623

Can't make this event?

Learn about your other options here: [LivingWell Promise](#)

Sign up today to get your Vitality Check (biometric screening) and complete your LivingWell Promise.

Montgomery County

March 7

Montgomery County Health Dept.

117 Civic Center
Mt. Sterling, KY

Follow three easy steps!

Step 1: Reserve a spot

Appointments are required. Call Lisa Pendleton at (859) 497-2419. Space is limited!

Step 2: Attend the event

Fast for at least nine hours prior to your appointment.

Bring your HumanaVitality ID card and a photo ID.

Step 3: Get rewards

HumanaVitality rewards you for getting your Vitality Check. You receive 2,000 Vitality Points just for completing and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment, too.

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, blood pressure check, and height, weight, and waist circumference measurements.

LivingWell Humana Vitality

If the local school system is closed due to weather the event will be cancelled.



Questions?
[Contact Us](#)



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